



Tidbits

NDSD/Resource Center

June 15th, 2023 Volume 6-Issue 4



June

From Donna's Desk

Happy June!! This month is bittersweet for many of us here at NDSD. Students have returned home and we breathe a sigh of relief at the completion of another school year. We try to take the summer to rejuvenate and accomplish projects that didn't get done during the school year. We get to wipe our slate clean and start fresh in August for the next school year.

We also know that many of our students are lonely during the summer months. Even with families who sign and students who have spoken language ability, their friends are now scattered across the state. Technology has improved some of these connections; however, many places in North Dakota families do not have access to the technology resources that make these connections possible.

Here on campus, we are completing an HVAC and roofing project. We are closing out the 2021-2023 biennium. We are saying goodbye to beloved co-workers who are retiring or moving. We are hiring for many open positions (drivers, night watch, teacher of the deaf, paraeducator, residential counselors, and more). Have a great summer! Enjoy the beautiful North Dakota sunshine. Rest your souls and spirits. We cannot wait to see you all again in August.

Summer time!

GoggleBing



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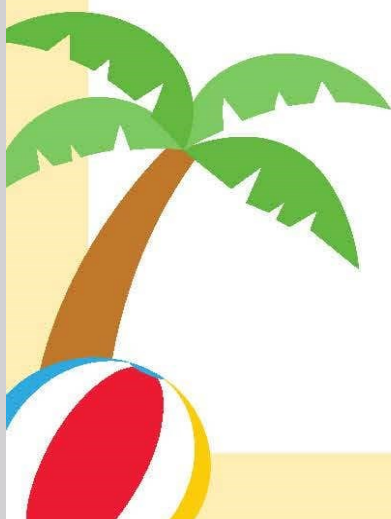
We are on the web:
www.ndsd.nd.gov/
Email: ndsd.school@k12.nd.us

It's Summertime!

NDSD Students and staff celebrated their last day of school with student awards and enjoyed fun activities including brain games, egg walk, watermelon eating contest, bubble machines, water balloon fights and the kids most enjoyed pieing our staff who will not be returning next year. Enjoy your summer! Cant wait to see all your smiling faces in August.



GoggleBing





Farm Trip



Having fun with water



Nurses Corner



Summer is a great time for kids to get outside to run, play and enjoy themselves. A great way to do this is through bike riding. Wearing a properly fitted helmet is the first rule to preventing serious bicycle injuries. However, this might feel complicated as helmets are NOT one size fits all, you may also have additional equipment to consider such as hearing aids, cochlear implants, or bone anchored hearing aids. The good news is that it is not impossible to wear a helmet with hearing equipment, but might take a little more preparation. Here are a few suggestions to get you started: Be open to trying different brands and sizes until you find the desired comfort. Consider a sweat band to combat sweat to hearing equipment and for kids and adults you may also want to consider a safety cord so that equipment is not lost when removing the helmet. Wishing you all a safe, happy and healthy summer.



~Nurse Tracy

JUNE

ALZHEIMER'S & BRAIN AWARENESS

Wear purple on June 21st, the Longest Day, and encourage the efforts of the Alzheimer's Association in your area as they work toward awareness and a cure.



The connection between hearing loss and dementia

Age-related hearing loss is the third most common chronic condition in older adults. Up to 8% of dementia cases are estimated to be from hearing loss in some fashion.

"The cause behind this link is unclear. But one theory is that hearing loss tends to cause some people to withdraw from conversations and participate less in activities," says Dr. Factora. "As a result, you become less social and less engaged."

A lack of stimulation results in a decline in growth, particularly in neural pathways needed to carry out a number of biological processes, memory function and more. This is why isolation (and even self-isolation) can be particularly hard on older adults. Because this lack of stimulation can increase your risk of developing dementia, social engagement is one of the activities promoted to protect brain health.

[Can Hearing Loss Lead to Dementia? – Cleveland Clinic](#)

4 ways to improve your brain health

As you age, whether you have hearing loss or not, your cognitive abilities tend to have a natural decline. Fortunately, there are things you can do to reduce the severity of the decline and make small improvements along the way.

1. Keep your mind active

3. Exercise regularly

[Go Purple in June Combined Toolkit \(1\).pdf \(alz.org\)](#)

2. Maintain a good social network

4. Eat a healthy diet

24/7 Helpline 800.272.3900 alz.org/mnnd

Some people ignore signs of hearing loss, or chalk them up to aging and just live with it. Hearing loss can affect your life in many ways. If you suspect you're at risk, talk to your doctor and ask for an audiology evaluation to determine how severe your hearing loss is. Hearing aids may be able to help, but there may be a time that hearing aids are not the answer. Please contact your **Adult Outreach Team** if you or someone you know would like to try out a personal listening device.

NDSD Adult Outreach Team

Kristen Vetter ~ Kathy Frelich ~ Dawn Sauvageau ~ Karen Zinke

701-230-8701 or 701-665-4400

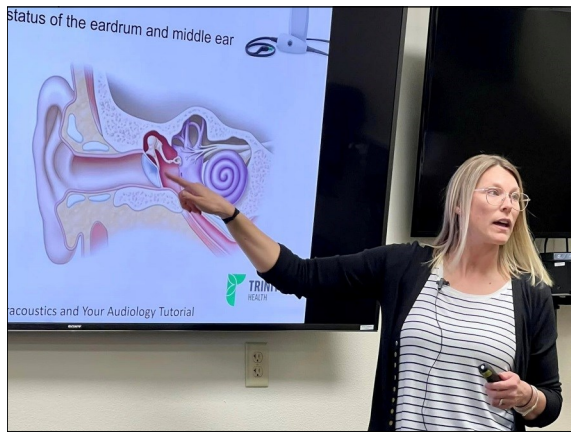
Find your local Alzheimer's support group here:

[Minnesota-North Dakota Chapter | Alzheimer's Association](#)

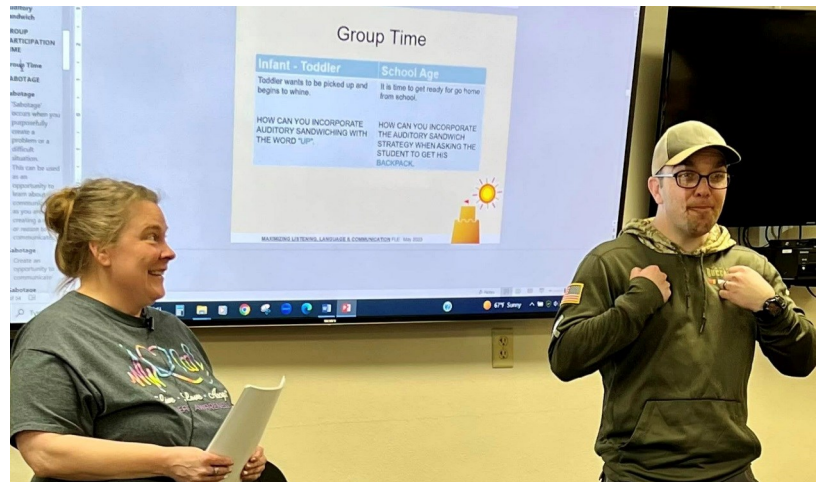




North Dakota School for the Deaf/ Resource Center Parent-Infant Program and School Age Outreach Specialists (Statewide Services)



Jerrica Maxson, audiologist, discussed all things related to an audiology appointment and answered questions from the audience.



Outreach staff, Tami Iszler, had a parent demonstrate an example shared for developing language skills and children with hearing loss.



Above, Dr. Kelli Odden, a national speaker, shared her uplifting story of her struggles of being a parent of a child with special needs.

The Parent-Infant and School-Age Outreach Department held their annual Family Learning engagement event at the NDSD campus on May 5, 2023. Valuable information was shared from local presenters. This day featured Dr. Kelli Odden, a Mayville State University Associate Professor of Education and Jerrica L. Maxson, a Doctor of Audiology at Trinity Health in Minot, plus staff from North Dakota School for the Deaf/Resource Center, Tami Iszler and Linda Ehlers.



**Big thank you to ND
Hands & Voices for
providing a yummy
breakfast.**



Superintendent Sorensen read "Are You My Mother?" to parents, and children visiting NDSD.



Participants also enjoyed a brief walk around the front of campus, gathering strategy cards for developing listening skills in their child.



Clipart Library

For more information, contact Nicole Swartwout at (701) 858-3357 or nicole.swartwout@k12.nd.us



Summertime Activities With or Without Technology

It's summer time and shouldn't your kids be outside enjoying the outdoors and not spending a majority of their day on tech devices? Haven't they spent the last nine months in classrooms using technology as a learning tool and still using those devices after school hours? There's no doubt they love their tech time and want to continue utilizing it. How about incorporating activities where they can use their technical skills to continue learning while having fun at the same time. The web is full of sites with great ideas to help you and here's a couple suggestions:

** <https://www.fosi.org/good-digital-parenting/how-incorporate-tech-summer-fun>

** <https://momadvice.com/post/using-technology-to-make-the-most-of-summer>

Have you thought about maybe doing something without those devices?

Check out these Tech-Free Summer Ideas:

** https://www.jenbradleymoms.com/screen-free-activities-summer/?doing_wp_cron=1683722132.0358369350433349609375

** [100+ Free Kids Activities to do at home: Indoor & Outdoor Ideas + Free Educational Resources | Finding Myself Young](#)



REMEMBER... Summer goes by way too fast, so take the time to enjoy it with your family with or without the technology devices!

Have a wonderful summer break!

What's Happening

